

Idaho Fish Consumption Advisory for Selected Idaho Waters
















Safe Fish Eating Guidelines

**Women who are
pregnant, nursing or
planning to become
pregnant**

**Children
under the age
of 7 years**

**General public
(people not in the first
two groups)**

Do NOT eat more than:













American Falls Reservoir	2 meals a month of small- mouth bass or Utah sucker 4 meals a month of Utah chub 6 meals a month of trout	1 meal a month of small- mouth bass or Utah sucker 2 meals a month of Utah chub 4 meals a month of trout	7 meals a month of small- mouth bass or Utah sucker
 Utah sucker  Utah chub  trout			 smallmouth bass
Brownlee Reservoir	2 meals a month of crappie, carp, smallmouth bass, or perch. 3 meals a month of catfish 6 meals a month of rainbow trout	1 meal a month of crappie, carp, smallmouth bass, or perch. 2 meals a month of catfish 3 meals a month of rainbow trout 5 meals a month of sucker	6 meals a month of small- mouth bass 7 meals a month of crappie or perch. 8 meals a month of carp
 crappie  carp  perch  smallmouth bass  catfish		 rainbow trout	 sucker
C.J. Strike Main Reservoir	6 meals a month of small- mouth bass	4 meals a month of small- mouth bass 5 meals a month of rainbow trout	No consumption restrictions
 smallmouth bass	 rainbow trout		
East Mill Creek	No consumption restrictions	6 meals a month of Yellowstone cutthroat and brook trout.	No consumption restrictions
 cutthroat	 brook trout		

Women who are pregnant, nursing or planning to become pregnant

Children under the age of 7 years

General public (people not in the first two groups)

Do NOT eat more than:

Lake Coeur d'Alene	All people are advised to limit their consumption of fish from Lake Coeur d'Alene(CdA). Please see the separate Lake CdA advisory for detailed information.		
Lake Lowell  sucker  carp  smallmouth bass	3 meals a month of sucker 4 meals a month of carp 5 meals a month of smallmouth bass	2 meals a month of sucker or carp 3 meals a month of smallmouth bass 5 meals a month of largemouth bass 7 meals a month of bluegill	No consumption restrictions  largemouth bass
Lake Pend Oreille  lake trout  whitefish	2 meals a month of Lake trout 4 meals a month of Whitefish.	1 meal a month of Lake trout 2 meals a month of Whitefish.	8 meals a month of Lake trout
Priest Lake  lake trout	4 meals a month of Lake trout	2 meals a month of Lake trout	No consumption restrictions
Salmon Falls Creek Reservoir  walleye  perch  kokanee  smallmouth bass	2 meals a month of walleye, smallmouth bass, or perch 4 meals a month of kokanee	1 meal a month of walleye, smallmouth bass, or perch. 3 meals a month of kokanee 8 meals a month of rainbow trout	6 meals a month of walleye or bass. 8 meals a month of perch.  rainbow trout

Store Bought Advisory

The Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) have issued a joint advisory for young children, and women who are pregnant, nursing, or planning to become pregnant. They recommend that these women and children do not eat shark, swordfish, king mackerel, or tilefish. Other EPA and FDA recommendations include:

- Do eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury --like shrimp, canned light tuna, salmon, pollock, and catfish.
- Do eat ONLY 6 ounces (one average meal) of albacore tuna a week, because albacore ("white") tuna has higher levels of mercury.

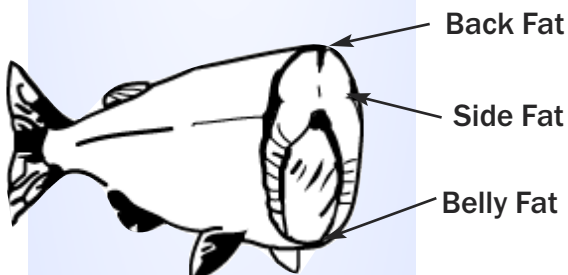
General Recommendations

- Consume younger, smaller fish (within legal limits). They usually contain fewer pollutants than older, larger fish.
- Avoid eating bottom fish such as catfish, carp, or sucker. They feed at the bottom of water bodies and are more likely to contain higher levels of chemical contamination.
- Remember that fresh meat should always be handled properly. To prevent the growth of bacteria or viruses, keep freshly caught fish on ice and out of direct sunlight.

Cooking and Cleaning Fish

Proper cooking and cleaning can further reduce your exposure to the contaminants that may be in fish. Recommendations include:

- When you clean fish, remove the skin, fat, and internal organs before you cook it to reduce the amount of some pollutants.
- Grill, bake or broil fish so that the fat drips off while cooking.



For more information, please contact:

Bureau of Community and Environmental Health (BCEH)
Environmental Health Education and Assessment Program
450 W. State Street, 6th Floor
Boise, ID 83720-0036
Toll Free: 1-866-240-3553
E-mail: BCEH@idhw.state.id.us